

## **Pre-Employment Physical Fitness Test Requirements**

### **MALE Push-ups**

20-29	27
30-39	21
40-49	16
50-59	11
60+	9

### **FEMALE Push-ups**

20-29	22
30-39	17
40-49	11
50-59	10
60+	4

### **MALE Sit-ups**

Timed 1 Minute

20-29	37
30-39	33
40-49	28
50-59	22
60+	18

### **FEMALE Sit-ups**

Timed 1 Minute

20-29	31
30-39	24
40-49	19
50-59	12
60+	5

### **MALE 1 ½ mile run**

20-29	13:06
30-39	13:53
40-49	14:47

### **FEMALE 1 ½ mile run**

20-29	15:48
30-39+	16:23
40-49	16:59

### **MALE Bench Press**

20-29	.96
30-39	.86
40-49	.78
50-59	.70
60+	.65

### **FEMALE Bench Press**

20-29	.58
30-39	.52
40-49	.48
50-59	.43
60+	.41

**Bench Press-** Multiply persons body weight by percentage listed above for age group

**Trigger Pull/ Semi Auto Slide lock back-** Candidate must pull gun trigger with index finger 12 times in each hand. Candidate must also successfully pull and lock back the slide of a semi-auto pistol.